

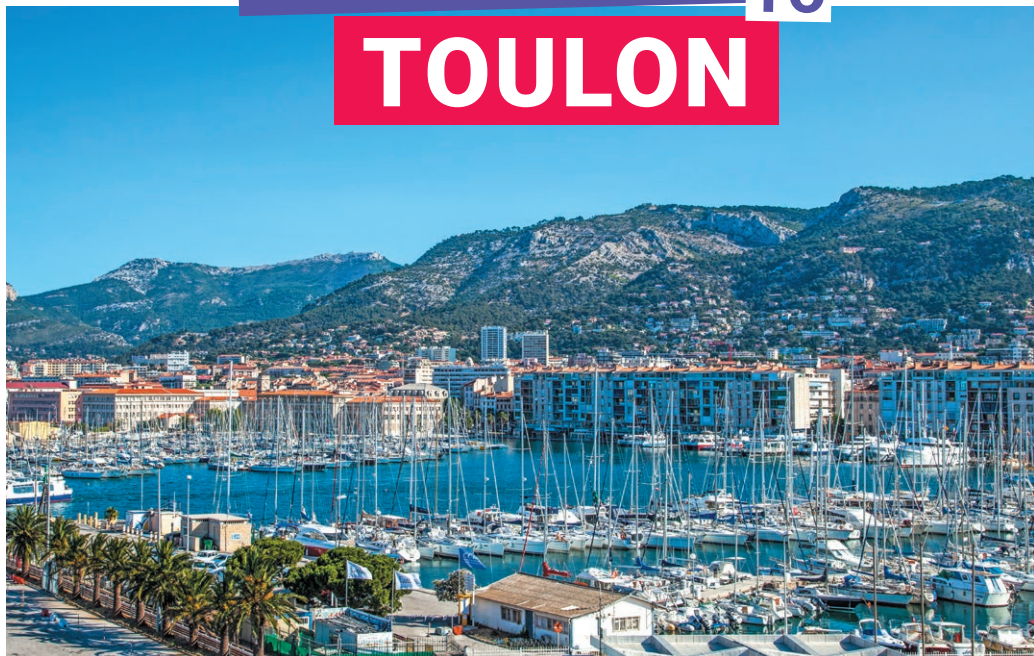


**DISCOVER
YOUR CITY**



Campus France will guide
you through your first steps in
France and **exploring Toulon,**
your new home.

**WELCOME TO
TOULON**





ARRIVING IN TOULON /

◆ Student Welcome services at Université de Toulon

At Université de Toulon, a small university, the **Direction des Relations Internationales** team is your main point of contact to help you prepare your arrival.

Université de Toulon offers a personalized welcome service for students: accommodation, French as a foreign language lessons, a discovery weekend to explore the region, cultural excursions, student buddy system, and more.

Address: Université de Toulon, Service des Relations Internationales, La Garde Campus, Le Béal 2 Building, Avenue de l'Université, 83130 La Garde.

Hours: Monday to Friday from 9am to 12pm and from 1pm to 5pm.

Contact: 04 94 14 21 48 or international@univ-tln.fr

◆ Free-movers or non-exchange foreign students

As soon as you arrive in France, please contact the **Service de la Scolarité** and from 1 September 2024, you must go to the admissions office (building V1) in order to collect a registration file and make an appointment to complete your administrative registration.

Contact form: <https://www.univ-tln.fr/Formulaire-de-contact-Scolarite.html>

When you arrive at the University, a team will be available on the ground-floor of Building V1 (La Garde Campus) to enroll students and a Welcome Desk will be open in Le Béal 2 Building to one-stop service desk and assist with administrative procedures.

- Direction des Relations Internationales,
04 94 14 25 39.

◆ Students on exchange programs

As soon as you arrive in France, please contact the Service des Relations Internationales in Le Béal 2 Building, on the 1st floor (La Garde Campus). A team will be available to welcome you and assist with administrative procedures.

Contact: international@univ-tln.fr

- international students from EU countries:
04 94 14 21 37.

- international students from non-EU countries:
04 94 14 28 34

Learn more:

- check the **University web pages for international students**, whether exchange students or free-movers (regular admission):

<http://www.univ-tln.fr> > International > Welcome Book.

- download the **"Venir étudier à Toulon" guide**:

<http://www.univ-tln.fr> > International > Venir étudier

à Toulon (from list of downloads on the left-hand side).

- download the **"Guide de l'Étudiant"**, published by the Maison de l'Étudiant (the city of Toulon): <https://www.toulon.fr> > Mon Toulon pratique > Étudiant à Toulon > Maison de l'Étudiant.

◆ Buddy System

The Buddy Program is available to assist you in Toulon!

The Service des Relations Internationales offers support for **international exchange students**, through the **Buddy Program** which pairs up new international students with students from the University:

<http://www.univ-tln.fr> > International > Venir étudier à Toulon > Bienvenue en France > Buddy Program.

◆ Welcome and orientation for researchers

At Université de Toulon, the Chercheur Invité

program allows the university to host foreign teacher-researchers who have gained a reputation in their field.

Contact: 04 94 14 21 37.

Further information: <http://www.univ-tln.fr> >

International > Mobilité des enseignants- chercheurs > Programme chercheur invité.

◆ Welcome and Orientation in other institutions

If you are enrolled in another institution, please consult the Campus France website for orientation.

The site presents a series of **Information Sheets covering the different higher learning institutions**:

<https://www.campusfrance.org> > Students >

Documentary resources > Practical information for students and researchers > Reception arrangements in institutions

If you cannot find your school in this list, then go directly to their website.

◆ National Services

- students: www.etudiant.gouv.fr

- doctoral students, researchers:

<http://www.euraxess.fr/fr>



Making you feel at home is a major concern for all French higher education institutions! The **Welcome to France label** is awarded to institutions that fulfil exacting criteria in the way they take care of their international students.



ACCOMMODATION

Finding somewhere to live is not always easy.

Rents are often high, and landlords require financial guarantees (such as a deposit).

Nevertheless, there is a wide range of accommodation on offer: halls of residence that are exclusively reserved for students and managed by the CROUS, student halls and private lodgings, rooms in private homes, flatshares...

The main thing is to start preparing for this as early as possible, before leaving your home country.

• **The Université de Toulon in partnership with Studapart, gives you access to hundreds of exclusive offers: studios, shared apartments, private rooms ... and benefit from personalized support throughout your rental!** Use our online housing platform: <http://housing.univ-tln.fr/>
More information: <http://www.univ-tln.fr>
International > Coming to study in Toulon > Welcome to France, Housing article.

• **The Maison de l'Etudiant**, managed by the city of Toulon and the Toulon Provence Méditerranée metropolitan authority:
- **establishes contact between landlords and students** seeking rental accommodation: <https://toulon.fr> > Mon Toulon pratique > Etudiant à Toulon > La Maison de l'Etudiant > Offre de location.
- **publishes the "Guide de l'Etudiant"** with advice and addresses: <https://www.toulon.fr> > Mon Toulon pratique > Etudiant à Toulon > Maison de l'Etudiant.

• **The Comité Local pour le Logement Autonome des Jeunes (CLLAJ), the local committee for independent housing for youth** also provides good advice for finding accommodation in Toulon: <http://www.alinea-cllaj.com/>

• **Toulon's Bureau d'Information Jeunesse (Centre Départemental d'Information Jeunesse), the youth information center** can also help you: <https://www.toulon.fr> > Mon Toulon pratique > Jeunesse > Le bureau information jeunesse.
It is also worth checking the **"Trouver un logement en Provence Alpes Côte d'Azur"** guide, compiled by the CRIJ: <https://www.infojeunes-paca.fr/> (access via the homepage > Se loger tab).

A FEW TIPS

♦ Short-term housing:

• **The search engine on the Tourist Office website may help you find short-term accommodation in Toulon and surrounding area:**
<https://toulontourisme.com> > Où dormir ?

♦ Long-term housing

• **The Nice - Toulon CROUS student housing** (Centre Régional des Œuvres Universitaires - Regional Center for University Services).
Address: 657 avenue du 1^{er} Bataillon d'Infanterie de Marine du Pacifique, F-83130 La Garde.
Hours: Monday to Friday, 8am to 6pm during the academic year (summer hours apply).
Contact: 04 94 08 83 00 or var@crous-nice.fr
Website: <http://www.crous-nice.fr/>
Trouver un logement site: <https://trouverunlogement.lescrous.fr/>



GETTING AROUND TOULON



There are several options for travelling to Toulon from Paris:

- by plane, arriving at Nice-Côte d'Azur airport or Marseille-Provence airport. If you decide to fly, you can catch a shuttle service from the airport to the Nice or Marseille train stations and then take the train to Toulon.

- by train (4 hours by high-speed TGV train)
<https://www.oui.sncf>

To get to the University La Garde campus from the Toulon train station, take bus number 29 or bus number 191.

For more information: <http://www.univ-tln.fr>
> International > Venir étudier à Toulon > Bienvenue en France > Arrivée à Toulon (access - transport).



For travelling in and around town, you can use public transport (buses and boats!) operated by the **Mistral** network, which oversees public transport in Toulon and surrounding area: <https://www.reseaumistral.com/> (student rates and travel-cards).



For travelling within the region, use:
- the ZOU! network, around 100 coaches that criss-cross the département: <https://zou.maregionsud.fr/>
- regional trains in the PACA region (Provence Alpes Côte d'Azur): <https://www.ter.sncf.com/sud-provence-alpes-cote-d-azur>
Buses are also an option for low-cost travel: <https://fr.ouibus.com/> or <https://www.flixbus.fr/>



For ride-sharing see the collaborative site: <https://www.blablacar.fr/>



For greater independence, rent a bike. The city of Toulon does not currently operate a self-service bike system. You can rent a bike from a private rental company, for example: <https://www.mabicyclettebleue.fr/>

• Private Housing Platforms

Other offers for student lodging, managed by private organisms, are also available in Toulon.

Try these **sites**:

- <https://www.adele.org>
- <https://www.immojeune.com>
- <https://www.location-etudiant.fr>
- <https://housinganywhere.com>

• There is also a **site managed by the CROUS, Lokaviz, which includes a listing of student accommodation in private homes:**

<https://www.lokaviz.fr/>

• **Shared Leases:** consult **La Carte des Colocs**, a national site for shared leases that's free and simple to use: <https://www.lacartedescolocs.fr/>

• **Other solutions available on the Campus France site:** www.campusfrance.org > Getting Organized > Accommodation

◆ If you need a guarantor to secure your lodging

Visale is a new and free guarantor system:

www.visale.fr

The University's Service des Relations Internationales can guide you through administrative procedures:

<http://www.univ-tln.fr> > International > Venir étudier à Toulon > Bienvenue en France > Logements (VISALE user guide can be downloaded from list in the right column).

◆ If you want to file an application for APL funds (Aide Personnalisée au Logement, or personalized housing aid)

CAF (Caisse des Allocations Familiales) can check your eligibility: 32 30 or www.caf.fr

The University's Service des Relations Internationales can also guide you: <http://www.univ-tln.fr> > International > Venir étudier à Toulon > Bienvenue en France > Logements (CAF guide can be downloaded from list in the right hand column).

◆ If you need housing adapted to your special needs

Contact the CROUS Service Social which will take action with your host institution. Some establishments have specialized services for students with disabilities (assistance for housing, and also transportation and tuition).

At the Université de Toulon, a personalized support plan is defined by the Mission Handicap and the health centre (SUMPPS), in accordance with the student's requirements: <http://www.univ-tln.fr> > Campus Life > Student Life Services > Students with Disabilities..

The CROUS, at your service everywhere

Do you need any help and/or advice, somewhere to eat or to live, a job - or do you just want to find out all there is to know about student life? Then the CROUS is what you need!



The CROUS (Centre Régional des Œuvres Universitaires et Scolaires - Regional Centre of University and School Services) has branches in all major French university towns.

It manages university halls of residence and canteens, allows you to meet social workers, and offers cultural activities and job opportunities.



FIRST THINGS FIRST /

◆ CVEC

Before you can enroll in your institution, you must download proof of payment of the Contribution Vie Etudiante et de Campus (CVEC) – the student and campus life contribution fee.

- **Connect to** <https://cvec.etudiant.gouv.fr/>

- **For additional information and special cases:** <https://www.campusfrance.org> > Getting Organized > CVEC.

The Nice-Toulon CROUS provides a CVEC service during the enrollment period at La Garde Campus, in the P'tit Béal cafeteria, 9am to 12pm and 1pm to 4pm.

◆ Confirm Registration

Take note! Even if you have a pre-registration letter, you are not officially enrolled. You must confirm your enrollment with the institution's Service de la Scolarité (Admissions) as soon as you arrive.

RESIDENCE PERMITS

WHAT YOU NEED TO KNOW

• **If you have just arrived in France on a long-term VLS-TS student visa: you must validate it online as soon as you arrive in France, on the ANEF (Administration numérique pour les Etrangers en France - Digital Administration for Foreigners in France) website. This validation must be carried out within the three months following your arrival: <https://administration-etrangers-en-france.interieur.gouv.fr/>**

[particuliers/#/](#)

- If you have Algerian citizenship or you are a student holding a “concours” visa or a visa bearing the mention “carte à solliciter dans les deux mois” (“card to be requested within two months”): your request for a residence permit must be carried out at the Préfecture.

- If you hold a “mineur scolarisé” (“minor in education”) visa and you have since attained your majority, you must request a residence permit directly on the ANEF website or at the *préfecture* of your place of residence within the two months following your attaining the age of legal majority: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

Please note: if you wish to renew your residence permit or VLS-TS, you must make your request during the third month preceding the date of end of validity of your current residence permit, on the following website: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

The following tutorial can help you with this procedure: <https://www.campusfrance.org/en/tutorials-to-help-international-students-in-their-application-process>

- Your institution's student support services can assist you in case of any difficulties.

To find out more about your rights and obligations: <https://www.service-public.fr/particuliers/vosdroits/N110>

France > Vie pratique (see ‘Mode d’emploi - Banques ouverture de compte’ in the right-hand column).

ACCESSING HEALTHCARE

Accessing healthcare in France is almost free, but you must be insured. **You must therefore be registered with the national health insurance programme.**

Please go to the <https://etudiant-etranger.ameli.fr> website to register, understand your rights and to carry out the requisite procedures.

Learn more:

<https://www.campusfrance.org> > Getting Organized > Health

<http://www.univ-tln.fr> > International > Venir étudier à Toulon > Bienvenue en France, Vie pratique (see “Mode d’emploi - CPAM assurance maladie” in the right-hand column).

As a student, you can also take advantage of the university medical services. In these health services where consultations are free, you'll be greeted by a team of doctors and nurses who can give personalized advice in terms of health and prevention.

This is the case for Université de Toulon which has a Service de Santé étudiante (SSE), or Student Health Service. Services offered by the Health Centre are free, confidential and open to all students at Université de Toulon:

<https://www.univ-tln.fr/Service-de-Sante-Etudiante-SSE.html>

Address: La Garde campus, EVE building, entry 2, ground-floor, 83130 La Garde.

Hours: Monday to Friday, 8am to 4:45pm for visits. Contact: 04 94 14 24 70 (from 8:15am to 12pm and from 1pm to 4:30pm) or sse@univ-tln.fr

Other consultations take place on the Toulon Site (Faculté de Droit, the law school).

Students enrolled at any other establishment should contact the Service de la Vie étudiante in their host institution.

TAKING OUT COMPLEMENTARY HEALTH INSURANCE (“MUTUELLE”)

We recommend you take out complementary health insurance in order to cover the totality of your healthcare costs, which are not all covered by the compulsory and free national health insurance programme.

Please note: options and levels of insurance vary from one insurer to another. In order to choose the complementary insurance that is best adapted to your situation and your budget, you can access more information on a student “mutuelles” price comparison website.



PRACTICAL INFORMATION /

OPENING A BANK ACCOUNT

If you stay in France for more than 3 months, it will be much easier day-to-day if you open a bank account, **online or in one of the bank agencies located in Toulon.**

In France, opening a bank account is a right: <https://www.service-public.fr> > Argent > Comptes bancaires (droit au compte).

The University's Service des Relations Internationales has created a guide for opening a bank account in France: <http://www.univ-tln.fr> > International > Venir étudier à Toulon > Bienvenue en

INSURE YOUR HOME

In France, housing insurance is mandatory.

You can sign up for housing insurance called "garantie risques locatifs" - rental risk guarantee - at your bank or a private insurance company. Online subscription is often possible.

Please check university's practical guide for further information: <http://www.univ-tln.fr> > International > Venir étudier à Toulon > Bienvenue en France > Logements (see 'Mode d'emploi - Assurance habitation' in the right-hand column).

EMERGENCY NUMBERS

SAMU: Call 15 Emergency Medical Services

Police emergency: Call 17 in the event of violence, theft, robbery.

Fire Department: Call 18 in the event of fire, gas leak, water damage, natural catastrophe, or traffic accident.

Call 112: European emergency services number that's accessible from anywhere in the European Union in addition to the French numbers above.

LEARNING FRENCH

Learning French is an opportunity that's not to be missed! Find what works best for you:

- by consulting the Campus France site or the Français Langue Etrangère (FLE) - French as a foreign language - centers and universities which offer courses at all levels year-round
<https://ecolesdete.campusfrance.org/#/main>
- by asking in your institution, at city hall, or in your host city's Maison des Associations - community centers.

FINDING A JOB OR AN INTERNSHIP

It is important that you have sufficient financial resources to come and study in France.

Working in France as a foreign student is possible within limits, namely for a maximum duration of 964 hours per year. This can therefore only be a way of earning **supplementary funds**.

Please note: to work in France, if you are not a citizen of the European Union, you must hold a valid **student residence permit**.

To help you find a job or work experience placement, 3 addresses:

• **Université de Toulon** regularly recruits students to work in its different services:
<http://emplois-etudiants.univ-tln.fr/>

• **The Service d'Accompagnement en Orientation et Insertion (SAOI)** at the University can also help you

find a job or internship:

<http://www.univ-tln.fr/Service-d-Accompagnement-en-Orientation-et-Insertion-SAOI.html>

• **The Jobaviz website, run by the CROUS**, can help you find a student job that's compatible with your studies: <https://www.jobaviz.fr/>

• **The CRIJ de Provence Alpes Côte d'Azur** (Centre Régional d'Information Jeunesse), the regional youth information center publishes a job-hunting guide **"Trouver un job"**, with advice and contacts, as well as posting classified ads on its website:
<https://www.infojeunesse-paca.fr/>

• **JobTeaser platform:** <https://www.univ-tln.fr/Nouveau-Career-Center-pour-les-etudiants-de-l-Universite.html>

<https://univ-tln.jobteaser.com>



THINGS TO DO IN TOULON /

TAKE UP A SPORT

In your institution, contact the Service des Sports for free access to sports facilities.

At Université de Toulon, the Service Universitaire des Activités Physiques et Sportives (SUAPS), the university service for physical and sports activities organizes around thirty different activities:
<http://www.univ-tln.fr> > Vie étudiante > Sport.

In Toulon, city offers access to number of sports facilities: <https://toulon.fr> > Envie de bouger > Sports et loisirs > Activités sportives.

BE ACTIVE

Attend cultural and sporting events, or join a social or community group, through one of the numerous local or national student clubs and associations. Please contact your host institution for further information or check the websites:

www.animafac.net or www.letudiant.fr

At Université de Toulon, some associations unite international students: <http://www.univ-tln.fr> > Vie étudiante > Vie associative.

The **Maison de l'Etudiant**, run by the city of Toulon is also a good place for meeting others.

Address and phone:

3 rue de la Glacière,
83000 Toulon, 04 83 16 65 20.

CULTURE AND NIGHTLIFE

Movie theaters, concerts, theater, exhibitions, and festivals are on the program and most of the time, at reduced cost for students.

At Université de Toulon, the Culture office (Mission Culture) offers various cultural outings that are either free or €1 admission (nearly 30 outings per semester):

<http://www.univ-tln.fr> > Vie étudiante > Culture.

The city of Toulon has created a **Carte Jeune** offering preferential rates for cultural events and/or activities: <https://www.toulon.fr> > Mon Toulon pratique > Jeunesse > Carte Jeune.

For entertainment or to pick up some culture you can choose from:

- 4 multiplex movie theaters in Toulon and its surrounding area, (student rates, rewards card) including an art-house theater, the Royal.
- around ten major museums, including a science museum: Muséum départemental du Var, showcasing local natural heritage (free entry): <https://museum.var.fr>
- 10 theater and concert venues, including Le Liberté, a nationally recognized theatre: <https://www.theatre-liberte.fr/>
- a network of five libraries and multimedia libraries (free membership for students under 26): <https://toulon.fr> > Envie de bouger > Bibliothèques.

In Toulon, for going out or staying abreast of events, read **the leading regional daily paper, Var-matin**, available in news stands or on the Internet: <https://www.varmatin.com/>

TOP ATTRACTIONS /

- Place de la Liberté, on Boulevard de Strasbourg, is Toulon's main square and focal point.
- Mont Faron, which towers over the town (access via cable car), for its panoramic views.
- The Rade de Toulon, Europe's finest natural roadstead, with its military installations and commercial port.
- Musée National de la Marine, collections of models and maritime paintings.
- Memorial Museum of the Provence Landing, presenting and commemorating Allied landing operations on the Provence coast during August 1944.
- Marché du Cours Lafayette, largest Provence-style market (fruits and vegetables, flowers, textiles, etc.).
- Toulon's beaches, especially those at Mourillon

which have obtained the "Pavillon bleu" label (for their remarkable environmental quality).

For more information, consult the Tourist Office website: <https://toulontourisme.com/>



IMPORTANT ANNUAL EVENTS /

MARCH

- **Printemps de l'Université:** a series of sports, cultural, club and festive events..

MAY

- European Museum Night offers an opportunity to discover museums and other cultural sites in a new light!
- Joli Mois de l'Europe, during which Université de Toulon organises sporting and linguistic events, as well as conferences on the theme of Europe.

JUNE

- Fête de la Musique, music playing all over town (free concerts) and Fête de la Saint-Pierre et des Pêcheurs, a traditional event organized by the local fishermen's corporation.

JULY - AUGUST

- Jazz au Jardin, major jazz festival (in La Valette-du-Var) and Festival Estival de Toulon (classical music).
- Nuit des Pêcheurs: Tables are set up along the seafront to enjoy local fish and seafood specialties and a craft market.

SEPTEMBER

- Journées Européennes du Patrimoine (European Heritage Days), free visits of cultural venues.

OCTOBER

- **Ça Bouge à l'Université**, event organized by the University to celebrate the start of the academic year.
- **Fête de la Science** in the University laboratories.
- **Erasmus Days:** a series of events organised by Université de Toulon.
- International Maritime Film Festival, Exploration and Environment and the Rade Side Festival, contemporary music concerts.

DECEMBER

- Christmas Village, markets and entertainment with a moving Provençal nativity scene.



 **& SHARE** 
PARTICIPATE

To stay informed and attuned to others and the world, to share and dialogue with students, follow **social media** where Campus France has an especially strong presence!

*Don't forget to join the **France Alumni** network to take part in discussion groups on various subjects, take advantage of cultural outings, and consult job and internship offers.*



THINGS TO KNOW

TOULON

IS THE CAPITAL
(PRÉFECTURE) OF
THE VAR
DÉPARTEMENT, one of
6 départements in the
Provence Alpes Côte
d'Azur region (PACA)

PACA

REGION,

6th FRENCH REGION

in terms of hosting
foreign students
(over 23,000
international
students)

TOULON PROVENCE MÉDITERRANÉE METROPOLITAN AREA

450,000 residents

CITY OF TOULON

177,000 residents

17,000 students

Université de Toulon



11,500 students including 1,800
foreign students of 90 different nationalities,
16 research laboratories, 2 doctoral schools

TOULON WAS INCLUDED IN A LIST OF THE TOP 46 FRENCH CITIES
WHERE IT'S TO LIVE AND STUDY WITH A GOOD SCORE FOR LIVING
ENVIRONMENT (awarded by L'Etudiant magazine)

Most of the information presented in the Campus France City Information Sheets concerns all international students regardless of their institution.

In France, in each of the host cities, most foreign students study at universities. Accordingly, the City Information Sheets attach great importance to them without overlooking the other higher education institutions even if it is not possible to list them all here with their specific information.

For more information on the institutions' welcomes and orientations:

<https://www.campusfrance.org/fr/recherche/categorie/provence-alpes-cote-d-azur-466>

CAMPUS FRANCE – PACA REGIONAL DELEGATION

6 allée Turcat Méry, 13008 Marseille (Metro line 2, Périer stop)

Hours Monday to Friday, 9am to 12pm and 2pm to 5pm

04 91 29 97 00

CAMPUS FRANCE

28 rue de la Grange aux Belles 75010 PARIS - 01 40 40 58 58 - www.campusfrance.org